Social relationships may help maintaining function among older adults

- The cohort study which run from 1991 (for 28 years) in a suburban area of Japan
- Study setting
  - Population: 4,791
  - Aging rate 28.1%
(1st April 2019)
- All of the residents have been invited to participate

![Graph showing the odds ratio for a one-point increase in social interaction scale (subscale) with prevention of functional declines](image)

High social curiosity and interacting with others were significantly associated with maintaining functional declines six years later. Promoting individual`s social curiosity and interaction may be one of key strategy for preventing future need for care.

References: Watanabe K et al., Public health. 2020; 179:84-89
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